

# Needham Youth Services

(Formerly known as the Needham Youth Commission)

## Fall and Winter Programs 2010/2011

Programs for  
kids of all ages

Trainings for  
Parents

Counseling  
Services

Workshops  
in school

Community  
Presentations



**Registration begins Tuesday, September 7, 2010**

**Registrations are accepted as follows:**

**In Person:** Monday — Friday, 8:30am—5:00pm  
Needham Youth Services  
Public Services Administration Building  
500 Dedham Avenue  
Needham, MA 02492

**Mail:** Needham Youth Services  
Needham Town Hall  
1471 Highland Avenue  
Needham, MA 02492

To learn more about Needham Youth Services  
or if you have questions, please call our office at 781-455-7500

[www.needhamma.gov/youth](http://www.needhamma.gov/youth)

## Counseling Services

Confidential individual, group, and family counseling for youth is available from our trained and committed staff. We accept referrals from the schools, courts, and parents. We also offer a **Substance Abuse Awareness Program**, a 15-hour assessment, education, and intervention program which takes an innovative approach to the topic of alcohol and drugs. Learn more about our counseling services online at [www.needhamma.gov/youth/counselingservices](http://www.needhamma.gov/youth/counselingservices).



## Fall/Winter School and Community Partnerships

*High Rock:*

**Safe Surf Internet Program**, workshop on friendship and cyber-bullying

*Pollard Middle School:*

**Picture Perfect**, workshop on gender roles & the media

*Needham High School:*

**Loss and Teen Dating Violence** seminars

*Elementary schools:*

We will be facilitating social skills groups

*Community Wide:*

**Peer Tutor** program is in full swing

## RAY of Hope Program

The RAY of Hope award (Recognize A Youth) is a monthly recognition of a youth who is giving back to the community and/or is a role model for their peers. There is no age limit — kindergarten through high school...and yes, we have had recipients as young as 5 years old!

To learn more and/or to nominate a youth you can download a form online at: [www.needhamma.gov/youth/ray](http://www.needhamma.gov/youth/ray) or one can be obtained at the Needham Youth Services office.

# Fall/Winter Youth Programs

## Babysitter Training Course

We offer a Babysitter Training Seminar for new babysitters or for those with limited experience who desire a refresher class. The training is six hours and is offered as a three-day course. Students must be in the sixth grade and at least 11 years old to take the class. Additional sessions will be offered in the spring. Learn more at [www.needhamma.gov/youth/babysitting](http://www.needhamma.gov/youth/babysitting).



**Dates:** Session 1: October 7, 14 and 21  
Session 2: November 30, December 7 and 14 (snowdate: December 21)  
Session 3: January 20 and 27, February 3 (snowdate: February 10)

**Cost:** \$45 (waived in the event of financial need)

**Location:** Session 1 at Pollard (2:45 - 4:45pm) \*  
Sessions 2 & 3 at High Rock (2:30 - 4:30pm) \*

**Facilitator:** Meaghan Dupuis, LMHC

\* Please note this change of location

## New for Youth

### Needham Youth Card:

Our Needham Youth Card has been redesigned with a new look and updated information. Teens can carry it around in their wallet or pocket for unexpected times when they need help, and they can use the suggested websites anytime to explore ways to stay safe and healthy. Come to our office for your card or read the online version at: [www.needhamma.gov/youth/youthcard](http://www.needhamma.gov/youth/youthcard).

### Safe Surf Resource Guide:

Our Safe Surf booklets have also been redesigned to reflect the changes in technology and the ways in which youth use technology. This resource has valuable information for both parents and teens, and is available in hard copy form (at the Youth Services office) and online at: [www.needhamma.gov/youth/safesurfsurfguide](http://www.needhamma.gov/youth/safesurfsurfguide).

## Director's Corner

Dear Friends:

We are back with another year of programming for youth and parents; you can read all about our fall and winter offerings in this publication.

Since our last brochure we enjoyed a very successful summer of programming — view pictures and updates online about Extreme Looks at [www.needhamma.gov/extremelooks](http://www.needhamma.gov/extremelooks) and Project VAN at: [www.needhamma.gov/youth/projectvan](http://www.needhamma.gov/youth/projectvan).

Thanks to our friends in Needham for your continued support...

Jon Mattleman, Director

# Fall/Winter Parent Programs

## A Conversation...For Parents of Teens



Funded by the Needham Women's Club, this free program is limited to 9 participants per evening and creates a forum in which parents discuss the challenges of parenting teens in a supportive and confidential setting. Parents may attend any/all of the following evening meetings (which will include dinner). Additional sessions will be offered in the spring. Learn more at [www.needhamma.gov/youth/aconversation](http://www.needhamma.gov/youth/aconversation).

**Dates:** October 19th — Teens and Alcohol/Drugs  
November 2nd — Teens and Sex  
December 7th — Teen Stress & Depression  
January 25th — Teens and Technology

**Registration for the following winter/spring  
"A Conversation..." programs opens in early January:**

February 15th — Open Agenda  
March 15th — Make Peace and Not War With Your Teen

**Cost:** Free

**Location:** Needham Youth Services Office (5:30 — 7:30pm)

**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

## QPR Suicide Prevention Training

The Needham Coalition for Suicide Prevention and Needham Youth Services are offering free QPR trainings. QPR (Question, Persuade, Refer) is based upon the following concepts: Those who most need help in a suicidal crisis are the least likely to ask for it; The person most likely to prevent a person dying by suicide is someone they already know; and, That prior to making a suicide attempt a person typically sends warning signs of their distress and suicidal intent to those around them. Learn more at [www.needhamma.gov/youth/QPR](http://www.needhamma.gov/youth/QPR).

**Dates:** October 28, 2010 or February 3, 2011

**Cost:** Free

**Location:** Needham Public Library (7:00 — 9:00 pm)

**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

## Challenging Conversations

### ...About Preventing Suicide

Rich Gatto is a suicide survivor whose son Greg died in 2004, and Rich Roberts is a suicide survivor whose son Jason died in 2009. These Needham fathers will share their perspectives on suicide prevention and ways to keep our youth safe. Facilitated by Youth Services Director Jon Mattleman, this small group format will be limited to 15 parents per session. Learn more about this program at: [www.needhamma.gov/youth/challenging](http://www.needhamma.gov/youth/challenging)

**Dates:** November 18, 2010 (Rich Gatto)  
January 13, 2011 (Rich Roberts)

**Cost:** Free

**Location:** Wingate at Needham (6:30 — 8:30 pm)

**Facilitator:** Jon Mattleman ([jmattleman@needhamma.gov](mailto:jmattleman@needhamma.gov))

## Patrick C. Forde Good Person Memorial Award

Named after Needham resident and community activist Patrick Forde, this award will recognize an adult in the community who has helped make Needham a better place to live through his/her volunteer work and commitment. The recipient will be a person of high character, a person who has contributed in some significant way to Needham children, youth, and/or families, and a person who has enhanced those with whom they interacted. Learn more at [www.needhamma.gov/youth/fordeaward](http://www.needhamma.gov/youth/fordeaward).

**You are invited to our annual ceremony  
at the Needham Public Library  
on Monday, January 24 at 5:00pm**

## Consultation and Referral

As the parent of a teen, you know first hand how challenging this stage of life can be. Even the best equipped and involved parents can find themselves in complex and confusing situations --- and parents may not know what to do next.

Needham Youth Services can be a source of support in a crisis and/or when a parent does not know where to turn. Our free consultation can support a parent at a time when making logical decisions is critical. Parents have utilized this resource when dealing with a serious matter involving their child (e.g. drug/alcohol use), when they are concerned about a specific behavior (e.g. depression), or when they are just worried about their child's growth and development.

## Parent Coffees



Funded by the Needham Community Council, Inc., these free program for parents of middle and high school youth are held in peoples' homes in the evenings and focus upon issues such as the new literature regarding the adolescent brain and the impact of alcohol, as well as the role that parents can play in keeping their children safe. Please contact the office to schedule a Parent Coffee for your group. Learn more at: [www.needhamma.gov/youth/coffee](http://www.needhamma.gov/youth/coffee).



# General Information

Most of our services are **Free** of charge

## Join our Email Listserv

If you are interested in receiving periodic updates of Needham Youth Services' programs that may be of interest to you and/or your children, please visit our website at [www.needhamma.gov/youth/email](http://www.needhamma.gov/youth/email) and click on the year of birth of your child/children.

We ask for the year your child was born so that we can send you information that pertains to your child --- thus eliminating spam and unwanted information. If you have more than one child, you must register for each child (by year of birth) individually.

## Payment

Most of our services are **FREE** of charge. If the program charges a fee, payment must accompany all registrations. Checks should be made payable to "Town of Needham-Youth Services".

## Fee Assistance

Financial aid is available to all Needham residents and Needham students. A letter requesting assistance must be submitted to the Director of Needham Youth Services at the time of registration. To learn more, please visit our website at [www.needhamma.gov/youth/fee](http://www.needhamma.gov/youth/fee).

## Course Confirmation

We will confirm registrations by phone, email, or mail. You will be notified if the program is full or cancelled and your payment will be refunded.

## Inclement Weather

It is our policy that if Needham Public Schools close due to weather, our programs will also be cancelled. Weather related cancellations will be posted on our website at [www.needhamma.gov/youth](http://www.needhamma.gov/youth).

## Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, refunds will not be given; however, we will do our best to reschedule.

## Refunds

If you request to withdraw from a class with sufficient time to get a replacement, a refund may be issued. However, if the slot can not be filled, no refund will be issued. If you do not show up for a class, there is no refund. Refunds will be issued if Needham Youth Services cancels a program and/or you registered for a program and there are no openings.

## Employment Program

The Employment Program assists young people in obtaining business and residential employment, as well as helping residents requiring help for around-the-house chores.

Youth age 12 to 21 who want to work must register with us by completing a Job Registration Form and a Parent Permission Form. For those 18 years of age and under, a parent or legal guardian must co-sign this form.

Both the Residential Employment Books and the Job Posting Books are available on Tuesdays from 9:00 am - 4:00 pm or by appointment. Forms may be requested/submitted at any time during the business week. There is a \$5 fee for this service for residents (\$10 for the express listing); there is no charge for youth using the Employment Program. Learn more at [www.needhamma.gov/youth/employment](http://www.needhamma.gov/youth/employment).

The Employment Program does not screen any applications or individuals---we act simply as a clearing house and an information source.

For further information please contact Carol Rosenstock 781-455-7500 x267 or [Crosenstock@needhamma.gov](mailto:Crosenstock@needhamma.gov)

## What's Ahead in Spring/Summer



Make a Statement Day returns to Needham High on March 11, 2011

Needham Unplugged 2011  
No homework/meeting night is  
March 16, 2011



Peer Tutor Applications available  
starting May 2, 2011

Extreme Looks Program offered  
in late June, 2011



Project VAN returns for its 14th  
Summer this July, 2011

## Needham Youth Services Registration Form

(Please complete the entire form)

Participant's Name:		M/F	DOB:
Address:		Zip Code:	
Home Phone:		Grade & School:	
<b>PARENT/GUARDIAN INFORMATION</b>			
Guardian:		Cell Phone:	
Email Address:			
<b>EMERGENCY INFORMATION</b>			
Name:	Relationship:	Phone:	
Name:	Relationship:	Phone:	
Allergies:		Medical Conditions:	
<b>PROGRAM INFORMATION</b>			
Program Name	Session	Fee	
Donation to Needham Youth Services:		\$	
Total Amount :		\$	
Make Checks payable to "Town of Needham — Youth Services"			
<b>Authorization of Participation</b>			
<p>I, the undersigned parent/guardian of _____, acknowledge that my child will be participating in a Needham Youth Services program. In the event of medical emergency, I authorize the staff to seek medical attention as required. Further, I shall indemnify and hold harmless and hereby release, remise, and forever discharge the Town of Needham from any and all liability, suits, losses, cause of actions, damage arising or occurring out of participation in the abovementioned program and/or arising or occurring out of any said medical attention.</p>			
<b>SIGNATURE</b> _____		<b>Date</b> _____	
<b>OPTIONAL</b>			
<b>Authorization to Photograph/Videotape</b>			
<p>I, _____, do hereby give permission to the Needham Youth Services to photograph/videotape me and/or my children as participants in a Needham Youth Services program. I understand that these photographs or the videotape may be used in one or all of the following ways:</p> <ul style="list-style-type: none"><li>As part of the Needham Youth Services' website regarding this specific program.</li><li>As an enclosure to letters sent to potential funding sources.</li><li>As part of an article in the Needham Times, Hometown Weekly, Boston Globe, etc..</li><li>As a piece on the cable station which may also be posted on YouTube by the Needham Cable Channel.</li></ul>			
<b>SIGNATURE</b> _____		<b>Date</b> _____	

Office Use Only:      Received \_\_\_\_/\_\_\_\_/\_\_\_\_      Check #:      Amt. \$\_\_\_\_\_      Confirmation Sent \_\_\_\_/\_\_\_\_/\_\_\_\_